

Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

1. (Amended) An exercising device (10) for building strength and flexibility of muscles and other tissues, comprising a substantially vertically arranged first stand (11) for abutment against a substantially plane and horizontal underlying surface and a second stand (12), arranged in parallel with the first stand (11), for abutment against said a substantially plane and horizontal underlying surface, said first and second characterised by that the stands (11, 12) comprise comprising an elongated element that can be gripped by a user, which elongated element is arranged substantially horizontally and is connected to at least one element projecting towards said an underlying surface, and that a bow (17) that can be gripped, said bow is projecting upwards from the stands (11, 12), and comprising that the bow (17) comprises a first portion (18) projecting substantially vertically from the first stand (11), a second portion (20) projecting substantially vertically from the second stand (12) and a connecting portion (19) connecting the first portion (18) and the second portion (20), wherein the bow is arranged in an angle so that the bow is inclined towards a centre of the exercising device, and wherein the bow is connected to the stands and is displaceable so that a height of the bow is adjustable.
2. (Canceled)
3. (Canceled)
4. (Amended) A device according to claim 1, wherein the stands (11, 12) are formed of a tube that is arranged in a suitable shape, and wherein the bow (17) is displaceable into the stands (11, 12).

5. (Amended) A device according to claim 1, wherein the stands (11, 12) are formed as a trapezium.
6. (Amended) A device according to claim 1, wherein the stands (11, 12) comprise a first elongated element (13) that can be gripped and which is arranged substantially horizontally, a second elongated element (14) projecting vertically from the first elongated element (13) and a third elongated element (15) projecting vertically from the first elongated element (13).
7. (Amended) A device according to claim 6, wherein the stands (11, 12) comprise a horizontal fourth elongated element (16), connected to the second elongated element (14) and the third elongated element (15), for abutment against an underlying surface.
8. (Amended) A device according to claim 1, wherein the exercising device (10) comprises a base plate (24) that is arranged between the stands (11, 12) and forms an underlying surface for a user.
9. (Amended) A device according to claim 8, wherein the stands (11, 12) are connected to each other through the base plate (24) to stabilize the exercising device (10).
10. (Amended) A device according to claim 1, wherein the exercising device (10) comprises a removable support (25) arranged between the stands (11, 12).
11. (Amended) A device according to claim 10, wherein the support (25) comprises a cushion (26), which is removably and adjustably connected to the stands (11, 12) through belts (27, 28).
12. (Amended) A device according to claim 1, wherein the exercising device (10) comprises a transverse bar (23) arranged between the stands (11, 12), forming a footrest.

13. (New) An exercising device for building strength and flexibility of muscles and other tissues, comprising a substantially vertically arranged first stand for abutment against a substantially plane and horizontal underlying surface and a second stand arranged in parallel with the first stand for abutment against said underlying surface, said first and second stands being formed as a trapezium and comprising an elongated element that can be gripped by a user, which elongated element is arranged substantially horizontally and is connected to at least one element projecting towards said underlying surface, and a bow that can be gripped, said bow projecting upwards from the stands, and comprising a first portion projecting substantially vertically from the first stand, a second portion projecting substantially vertically from the second stand and a connecting portion connecting the first portion and the second portion, wherein the bow is arranged in an angle so that the bow is inclined towards a centre of the exercising device.

14. (New) A device according to claim 13, wherein the stands are formed of a tube that is arranged in a suitable shape, and wherein the bow is displaceable into the stands.

15. (New) A device according to claim 13, wherein the exercising device comprises a base plate that is arranged between the stands and forms an underlying surface for a user.

16. (New) A device according to claim 15, wherein the stands are connected to each other through the base plate to stabilize the exercising device.

17. (New) A device according to claim 13, wherein the exercising device comprises a removable support arranged between the stands.

18. (New) A device according to claim 17, wherein the support comprises a cushion, which is removably and adjustably connected to the stands through belts.

19. (New) A device according to claim 13, wherein the exercising device comprises a transverse bar arranged between the stands, forming a footrest.

20. (New) An exercising device for building strength and flexibility of muscles and other tissues, comprising a substantially vertically arranged first stand for abutment against a substantially plane and horizontal underlying surface and a second stand arranged in parallel with the first stand for abutment against said underlying surface, said first and second stands comprising an elongated element that can be gripped by a user, which elongated element is arranged substantially horizontally and is connected to at least one element projecting towards said underlying surface, and a bow that can be gripped, said bow projecting upwards from the stands, and comprising a first portion projecting substantially vertically from the first stand, a second portion projecting substantially vertically from the second stand and a connecting portion connecting the first portion and the second portion, wherein the bow is arranged in an angle so that the bow is inclined towards a centre of the exercising device, wherein the exercising device comprises a removable support arranged between the stands.